

Fresh & Lush

Events Catering

❧ COLD FINGER BUFFET ❧

A Selection of Sandwiches filled with:

Roast Beef, Rocket & Horseradish Mayonnaise - Coronation Chicken
Ham, Mustard Mayo & Sauerkraut - Mature Cheddar with Tomato & Red Onion Relish

Mini Tortilla Wraps filled with:

Honey Glazed Cajun Chicken & Vegetables
Teriyaki Beef, Blue Cheese & Caramelised Onion
Hummus, Grilled Vegetables & Haloumi

Butternut, Feta & Spinach Quiche Tartlets

Cocktail Sausages with Honey Mustard Mayonnaise

Freshly Baked Pork & Cheddar Sausage Rolls



A Selection of Freshly Baked Bite Size Cakes and Pastries

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❧ COLD FORK BUFFET ❧

Selection of Fresh Artisan Bread & Butter

MEAT PLATTER

(choose two of the following)

Poached Side of Scottish Salmon with Seasonal accompaniments
Rosemary Roast Beef & accompaniments
Honey Glazed Ham with Whole Grain Mustard Mayonnaise
Roast Chicken- Lemon & Thyme **or** Barbecue
Roast Turkey with Cranberry Sauce

MAIN PLATTERS

(choose two of the following)

Grilled Chicken, Chorizo & Pepper Skewers with Aioli Dip
Barbecue Buffalo Wings
Coronation Chicken Pasta with Roasted Butternut & Coriander
Chicken Ras El Hanout Vegetable, Chick Pea & Couscous Tagine
Handmade Pork & Sage Sausage Rolls
Pork and Apricot Terrine, wrapped in Streaky Bacon with Fresh Piccalilli
Prawn Skewers with Lemon, Coriander & Chilli Marinade
Smoked Salmon, Prawns & Lemon Wedges Platter
Local & Continental Meats with Mixed Olives
Charred Mediterranean Vegetable Platter (V)
Chicken Liver Pâté

SIDE DISHES

(choose three of the following)

Creamy Coleslaw (V)
Potato & Spring Onion Salad (V)
Couscous Served with Roasted Vegetables (V)
Savoury Rice & Vegetable Salad (V)
Five Bean Salad (V)
New Potato & Green Pea Salad (V)
Fresh Seasonal Garden Salad (V)
Waldorf Salad (V)
Caesar Salad (V)
Greek Feta & Olive Salad (V)
Oriental Noodle Salad (V)
Coronation Vegetable & Pasta Salad (V)
Italian Pesto & Roasted Pepper & Pasta Salad (V)
Mature Cheddar & Caramelised Onion Quiche (V)
Salmon & Asparagus Quiche
Quiche Lorraine (Bacon & Cheese)
Butternut, Feta & Spinach Quiche (V)

DESSERTS

(choose two of the following)

Vanilla Panna Cotta with Fresh Seasonal Berries
Banoffee Pie with Chocolate Fudge Sauce
Traditional Italian Tiramisu & Chocolate Coffee Sauce
Scones with Home Made Strawberry Preserve & Clotted Cream
Pavlova with Summer Berries, Meringue & Whipped Cream
Rich Chocolate Fudge Cake
Victoria Sponge Cake
Dark & Light Chocolate Mousse Cake with Cream & Berries
Classic Lemon Tart, Whipped Cream & Fresh Berries
Traditional Sherry Trifle
Blueberry & Caramel Crunch Cheesecake

Fresh & Lush Ltd

Tel 01746 389801 - hello@freshandlush.co.uk - www.freshandlush.co.uk

High Grosvenor Farm, Bridgnorth, Shropshire, WV15 5PG

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Events Catering

🌀HOT FORK BUFFET🌀

MAIN DISHES

(choose two of the following)

BEEF

Beef Lasagne

Beef Stroganoff

Traditional Beef Cottage Pie with Local Beef & Cheesy Mash

Beef Bourdelaise with Mushrooms, Pancetta, Fresh Herbs and Red Wine

Beef Trinchado - Marinated Beef Cooked in a Mild 'Portuguese Style' Garlic & Piri- Piri Chilli Sauce

Italian Parmesan & Herb Meatballs in Slow Roast Tomato & Basil Sauce with Linguine Pasta (Pork & Beef)

CHICKEN

Mustard & Tarragon Chicken

Mild Chicken Korma

Chicken, Chorizo & Slow Roast Tomato Lasagne

Chicken, Leek & Cheddar Bake

LAMB

Lamb Moussaka with Local Lamb, Aubergines & Oregano

Moroccan Lamb Tagine

Lamb, Feta, Spinach & Roasted Red Pepper Lasagne

PORK

Pork & Wholegrain Mustard Stew

Local Ham Hock & Leek Lasagne

Baby Back Pork Ribs Cooked in a Hickory, Orange & Maple Barbeque Sauce

FISH

Fish Pie -Salmon, Smoked Haddock & Prawns in a Creamy Sauce with Potato and Parmesan & Herb Crust

Mild Fish & King Prawn Coconut Curry

VEGETARIAN

Roasted Butternut & Three Cheese Lasagne

Luxury Macaroni Cheese with Black Truffle Oil

Mixed Bean, Vegetable, Paneer Cheese & Thyme Casserole

HANDMADE SHORTCRUST & PUFF PASTRY PIES

Beef & Shropshire Blue Cheese in a Red Wine Sauce

Chicken, Leek & Tarragon

Pork & Apple with a Creamy Cider & Mustard Sauce

Shropshire Cheddar, Butternut & Red Onion (V)

SIDE DISHES

(choose three of the following side dishes or salads)

VEGETABLES

Seasonal Vegetable Tomato Ragout
Cauliflower Cheese
Rosemary & Thyme Roasted Root Vegetables
Savoury Rice
Roasted Mediterranean Vegetables
Seasonal Green Vegetables

SALADS

Fresh Seasonal Garden Salad
Caprese Salad- Mozzarella, Tomatoes, Basil Pesto, Olive Oil & Fresh Basil Leaves
Caesar Salad
Greek Feta & Olive Salad
Moroccan Couscous Salad
Coronation Vegetable & Pasta Salad
Coleslaw

POTATO DISHES

(choose one of the following)

Dauphinoise Potato Bake
Roasted Potatoes with Rosemary
Buttered New Potatoes with Mint
Warm New Potato & Green Pea Salad
Mashed Potatoes
Crispy Potato Wedges with Sea Salt & Cracked Black Pepper **or** Cajun Spices

DESSERTS

(choose two of the following)

Vanilla Panna Cotta with Fresh Seasonal Berries
Sticky Toffee Pudding with Toffee Sauce & Pouring Cream
Baked Apple Tart with Custard
Banoffee Pie
Traditional Italian Tiramisu & Chocolate Coffee Sauce
Scones with Home Made Strawberry Preserve & Clotted Cream
Apple, Blueberry & Toasted Nut Crumble with Custard
Chocolate & Pistachio Brownie with Cream
Bread & Butter Pudding with Butterscotch Sauce
Classic Lemon Tart, Whipped Cream & Fresh Berries

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∞ BUFFET MENU ∞

3 COURSE

PLATED STARTER

plated and served to your guests

Roasted Parsnip, Swede & Parsley Soup

Roasted Butternut Soup

Cream of Roast Tomato & Thyme Soup

Classic French Onion Soup with Parmesan Croutons

Carrot & Coriander Soup with Crème Fraîche & Fresh Chives

(all soups served with Fresh Artisan Bread)

or

Chicken Satay Skewers with Peanut Sauce and Toasted Cashew & Noodle Salad

Pork & Apricot Terrine, Wrapped in Streaky Bacon, Fresh Piccalilli, Mixed Leaves & Granary Toast

Chicken Liver Parfait with Toasted Brioche & Red Onion Chutney

Smoked Salmon, Chives & Cream Cheese, Cucumber Salad with Lemon & Caper Dressing

Smoked Haddock & Welsh Rarebit on Toast, Aged Balsamic & Roasted Cherry Tomatoes

Caramelised Onion & Feta Cheese Phyllo Parcel, Rocket & Slow Roasted Tomato Salad with a Tomato Vinaigrette (V)

Stilton & Leek Tart with Salad Leaves & Red Wine Reduction (V)

Salmon Teriyaki Spring Rolls with Asian Style Vegetables, Pak Choi & Sweet Wasabi Sauce

Braised Gressingham Duck Croquettes, Crispy Leeks & Plum Sauce

Classic Prawn Cocktail with Marie Rose Sauce

Thai Salmon Fishcakes, Green Vegetables & Rice Noodle Pad Thai

BUFFET MAIN COURSE

MAIN DISHES

(choose two of the following)

Beef

Beef Lasagne

Beef Stroganoff

Traditional Beef Cottage Pie with Local Beef & Cheesy Mash

Beef Bourdelaise with Mushrooms, Pancetta, Fresh Herbs & Red Wine

Beef Trinchado - Marinated Beef Cooked in a Mild 'Portuguese Style' Garlic & Peri- Peri Chilli Sauce

Chicken

Mustard & Tarragon Chicken

Mild Chicken Korma

Moroccan Chicken Tagine

Mild Thai Green Chicken Curry

Chicken, Chorizo & Slow Roast Tomato Lasagne

Chicken Coq Au Vin, Shallots, Bacon Lardons, Fresh Herbs & Mushrooms Cooked in Red Wine

Chicken, Leek & Cheddar Bake

Lamb

Lamb Moussaka with Local Lamb, Aubergine & Fresh Oregano
Moroccan Lamb Tagine
Lamb, Feta, Spinach & Roasted Red Pepper Lasagne
Rosemary Lamb, Mushroom & Red Wine Stew with Vegetable & Pearl Barley

Pork

Pork & Wholegrain Mustard Stew with Pearl Onions
Local Ham Hock & Leek Lasagne
Slow Braised Belly Pork with Bacon, Apples & Cider
Baby Back Pork Ribs Cooked in a Hickory, Orange & Maple Barbeque Sauce

Fish

Fish Pie -Salmon, Smoked Haddock & Prawns in a Creamy Sauce with Potato & Parmesan & Herb Crust
Mild Fish & King Prawn Coconut Curry
Smoked Salmon & Tarragon Tagliatelle

Other Meats

Venison & Vegetable Stew Cooked in Red Wine (subject to the availability of game meat)
Italian Parmesan & Herb Meatballs in Slow Roast Tomato & Basil Sauce with Linguine Pasta (Pork & Beef)

Handmade Shortcrust & Puff Pastry Pies

Beef, Mushroom & Ale
Traditional Steak & Kidney
Beef & Shropshire Blue Cheese in a Red Wine Sauce
Chicken, Leek & Tarragon
Pork & Apple with a Creamy Cider & Mustard Sauce
Shropshire Cheddar, Butternut & Red Onion (V)
Huntsman's Game Pie (subject to the availability of game meat)

Vegetarian

Roasted Butternut & Three Cheese Lasagne
Luxury Macaroni Cheese with Black Truffle Oil
Aubergine, Chickpea and Butternut Squash Tagine with Lemon & Herb Couscous and Crème Fraîche
Mixed Bean, Vegetable, Paneer Cheese & Thyme Casserole

ROAST MEATS – CARVERY

Price Supplement – please enquire

(all joints of meat are slow cooked for at least 4 hours & served with fresh sauce or gravy made from the cooking stock)

Roast Sirloin of Beef

Whole Roast Corn Fed Free Range Chicken with Bread Sauce
Local Pork Loin with Sage Stuffing, Crackling & Apple Sauce
Roast Leg Of Lamb with Rosemary & Redcurrant & Mint Sauce
Honey Glazed Ham with Pineapple
Whole Roast Turkey with Chipolata Sausages, Crispy Bacon, Turkey Gravy, Bread Sauce & Cranberry Sauce

SIDE DISHES

Vegetables

(choose two of the following)

Seasonal Vegetable Tomato Ragout
Cauliflower Cheese
Rosemary & Thyme Roasted Root Vegetables
Creamed Nutmeg Spinach
Butternut, Sweet Potato & Coriander Rosti
Sticky Fragrant Rice or Savoury Rice
Teriyaki Stir Fry Vegetables
Roasted Mediterranean Vegetables
Seasonal Green Vegetable
Stuffed Crumbed Mushroom

Salads

(choose two of the following)

Fresh Seasonal Garden Salad
Caprese Salad- Mozzarella, Tomatoes, Basil Pesto, Olive Oil & Fresh Basil Leaves
Waldorf Salad
Caesar Salad
Greek Feta & Olive Salad
Niçoise Salad
Moroccan Couscous Salad
Oriental Noodle Salad
Coronation Vegetable & Pasta Salad
Coleslaw

Potatoes

(choose one of the following)

Dauphinoise Potato Bake
Goose Fat Roasted Potatoes with Rosemary
Buttered New Potatoes with Mint
Bacon & Leek Potato Gratin
Warm New Potato & Green Pea Salad
Mashed Potatoes – Plain, Cheesy or Spring Onion
Potato & Herb Croquettes
Crispy Potato Wedges with Sea Salt & Cracked Black Pepper or Cajun Spices

DESSERTS
(Buffet)

Vanilla Panna Cotta with Fresh Seasonal Berries
Sticky Toffee Pudding with Toffee Sauce & Vanilla Ice Cream
Baked Apple Tart with Vanilla Cream & Toffee Sauce
Banoffee Pie with Chocolate Fudge Sauce
Traditional Italian Tiramisu & Chocolate Coffee Sauce
Strawberry Crème Brûlée
Scones with Home Made Strawberry Preserve & Clotted Cream
Eton Mess with Summer Berries, Meringue & Whipped Cream
Apple, Blueberry & Toasted Nut Crumble with Custard
Warm Chocolate Fudge Cake, Clotted Cream Ice Cream
Dark & Light Chocolate Mousse Cake with Cream & Berries
Chocolate & Pistachio Brownie, Vanilla Ice-Cream & Salt Toffee Sauce
Bread & Butter Pudding, Butterscotch Sauce, Praline Ice Cream
Classic Lemon Tart, Whipped Cream & Fresh Berries

Choose the following:
1 Plated Starter or Soup
2 Main Dishes
2 Vegetable Dishes
2 Salads
1 Potato Dish
2 Buffet Desserts

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